

Carrot and kūmara rostis



Ingredients

- 3 carrots, grated
- 1 kūmara, grated
- 100 g Edam cheese, grated
- 1/4 red onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 eggs
- 1/2 cup plain flour
- A handful of fresh parsley, roughly chopped
- 1 tbsp vegetable oil
- Juice of 1 lemon

Directions

1. Place carrot, kūmara, cheese, onion and garlic into a large bowl and stir to combine.
2. Add eggs, flour, parsley and lemon juice. Mix well.
3. Heat a frying pan over medium heat and add one tbsp vegetable oil.
4. Divide the mixture and press firmly to create six patty shapes.
5. Cook for five minutes on each side or until gold and crispy.
6. Serve warm with low-fat yoghurt.

Serves 6 children

Recipe courtesy of 5+ A Day Charitable Trust